

TMA SUMMER ACTIVITIES

June, July, and August 2009

Arnis Tournament

- June 13th Saturday 10:00 AM (Check-in starts at 9:30AM)

Arnis competition in forms, Created form, Synchronized form, Free Form (Single competitor), 2 Man Set, and Arnis Sparring. Trophies awarded. \$20 flat fee for participation in 1-6 events.

Arnis Mini-Camp

- June 29th & 30th & July 1st Monday-Wednesday 10:30 AM-12:30 PM

Attend all 3 days or on a daily drop-in basis. The cost is \$50 for 3 days or \$20 a day. We will be working on requirements for achieving the next Arnis rank as well as reviewing old requirements, Arnis sparring, and games.

Full Day Camps

- June 22nd-26th ○ July 6th-10th ○ July 20th-July 24th ○ August 10th-14th

Camps run Monday-Friday from 9AM-3:30PM. These popular camps are run in team format. Each team acquires points throughout the week for completing tasks and winning competitions. Teamwork, leadership, and sportsmanship are given special emphasis. A snack is provided each day. You must be a TMA youth student to participate. The cost of camp is \$180. Because camps are run in team format, it's important to attend all five days of camp.

Girls Camp

- July 18th Saturday 10:00 AM - 2:00 PM

Safety training, girl fun, and a whole lot more. No martial arts experience needed, and it's for girls of all ages. \$25 registration fee, \$20 for each additional family member. Bring your lunch.

Teen/Women's Self Defense Class

- August 7th Friday 5:30 PM - 7:00 PM

Self defense, Safety and awareness training designed for women and older teens that are going into high school or about to leave for college. \$20 registration fee, \$10 for each additional family member. Open to the public.

Children's Safety Awareness Class

- August 8th Saturday 11:30 AM - 12:30 PM

Safety and awareness training including stranger danger designed for children. \$7 registration fee. Open to the public.

Half Day Camps

- July 27th-31st Monday through Friday ○ August 17th-21st Monday through Friday

Attend every day of the week or on a daily drop-in basis from 9:00AM-12:30PM. The cost is \$90 for the week or \$20 a day. A snack is provided. You are welcome to bring friends or siblings that don't train at TMA.

Boot Camp

- August 10th, 12th, & 14th Monday, Wednesday, & Friday from 6:15-7:00 AM

Drill Sergeant Haye will whip you into shape! Bring running shoes. Cost is \$15/day or \$30/3 days. No punch cards.

Summer Sleepover

- August 22nd Saturday 7:00 PM – 9:00 AM

Kids have fun and parents get a without kids! There is training, movies, games, and dinner & breakfast provided. Cost is \$40. You must be a TMA student to participate. Hosted by KBN Skyler Zoppi & YDJN Casey Aydel.

Black Belt Club Seminar: Street Fighting

- August 23rd Sunday 11:30 AM – 1:00 PM

Learn the theory and basics of "street fighting", which is a combination of sticky hands, sparring, and ground fighting combined with other elements. This seminar is only for members of the Black Belt Club and it's free.

Summer Board Breaking Seminar

- August 26th Wednesday 10:30 AM – 12:00 PM

Board breaking is a way to bring together the physical, technical, and mental aspects of your martial arts training. If under the age of 18, please get both parent and instructor permission. Not appropriate for some smaller-bodied youth.

Mid- Morning Classes

- Monday & Thursday 10-11AM. Available in July and August. **Note The change from Tuesday to Monday

An all ages, all ranks mixed class for the convenience of those with other activities in the afternoon or evening during the summer. Switch to this class from your normal class for summer or drop in any time for a make-up or extra class.

Regular Monthly Events

- Class schedules will remain the same for the summer.
- Arnis seminars and tests: * Saturday, June 6th * Saturday, July 11th * Saturday, August 1st
- Taekwondo promotion tests: * Friday, June 19th * Friday, July 24th * Friday, August 21st
- Private lessons are available all summer. Schedule with the Instructor of your choice.